

**Fitness & Dance Classes (Yellow doorway noted)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	Cardio (GP)			Chair Volleyball	Floor YOGA (GP)
8:30	Floor YOGA	Zumba Gold Intro Walking (DR)	Zumba Gold	Power Walk (DR)	Zumba Gold
9:00	World Dance (GP)		World Dance (GP)	Line Dancing (GP)	
9:30	Cardio Fit (Sign up at the Front Desk)	Senior Surge <i>low impact</i> (Sign up at the Front Desk)	Cardio Fit	Senior Surge <i>low impact</i>	Round Dance
10:00				Line Dancing (GP)	
10:15	Relaxation & Meditation (GP)		Rhythm Dancing Workshop (GP)		
10:30	Chair YOGA	Senior Sneakers	Floor YOGA (Sign up at the Front Desk)	Senior Sneakers	Zumba Gold
12:00		Arthritis Foundation Exercise <i>low impact</i>			
12:15			Folklorico (GP)		Aerobics
1:00	Line Dancing	Body Swag	Line Dancing	Chair Volleyball	
1:15			Joint Movement (GP) <i>low impact</i>		Cardio
2:00	Senior Boot Camp	Table Tennis	Table Tennis	Country Dancing	
2:15					Body Swag

**WELCOME TO THE NORTHEAST SENIOR CENTER**


**MEMBERSHIP:** We invite independent seniors *60 years of age and older* to become a member for free. See receptionist to register and take a tour. Refer to both sides of the calendar for program details.

**OUR APOLOGIES:** *this calendar is tentative and may change without advance notice.*

**NEED A RIDER?** We may be able to assist if you live **WITHIN 5 miles** of the center. See receptionist for details.

**ATTEND AN EXERCISE EQUIPMENT ORIENTATION CLASS**

05/11 at 12:30 P.M. & 05/24 at 1:00 P.M.



**THINK SAFETY FIRST**

**Need Insurance Benefits Counseling?**  
See Sylvia Toscano every TH from 10-12 in gaming area.

**Need to see a Medicare Counselor?**  
Schedule an appointment at the receptionist desk.

**HEALTH SCREENINGS (Green Doorway)**  
Blood Pressure \* Fasting Sugar \* Fasting Cholesterol \* Weight/BMI (body mass index)

**WELMED 75**